



## New Miles for Smiles, February 2019

United Smile e.V

Healing Hands Nepal (निको पार्ने हातहरु नेपाल)

5,6 - Falgun, 2075 (17, 18 – February-2019)



Figure 1 Manakamana Health Post

The main objectives of the Dental mobile clinics were to provide dental disease treatments (primary and secondary) to the people of Sahid Laxhan Gaupalika during the 2 day clinic, and also to conduct survey for possibility of running 10-15 day clinics at the Manakamana Health Post, ward no 3.

A team of 7; 2 dentists, 2 dentistry volunteers, 1 Health Assistant and 2 Volunteers, treated 133 patients, and also distributed dental kits to the patients.



It was a program of dental screenings, demonstrating brushing methods and oral hygiene instructions by dentists and distribution of tooth brushes & pastes. A Health assistant tracked vitals before dentists visit. Healing Hands Nepal Volunteers were present for interpretation and local-volunteers (*Swayam Sevikas*) to manage crowd.

Whole program ran under the supervision of Sahid Lakhan Gaupalika's Health Inspectors Birendra Shrestha & Bil B. Chhetri and Manakamana Health Post's Incharge Arjun Sunar.

### **Project Implementation Process /Methodology**

- Swayam Sevikas (Volunteers) had spread news about the clinics two days ago. The target number was 150 people.
- A Health assistant tracked vitals of all the patients except for children below 10 prior to Dentists visit.
- Check up by Dentists followed by counseling on dental health maintenance mainly brushing techniques and advised to brush especially after meals.
- Every patient received toothbrushes and pastes afterwards.
- Severe cases that could not be attempted on our mobile clinics were referred to regular dentists, for example, Root Canal Treatment, inflamed gums treatment or orthodontics help.
- On the second day Dentists went to a Primary school to demonstrate the brushing Techniques.

### **Problems Identified in the Project Area**

- The population of 15000 has no access to Dental Hospital in the village. People have to travel all the way to Abukharini for any minor or major attention
- Lack of Oral Health Awareness program.
- It's been while since they saw any dental health camps in area.





**Manakamana Health Post, Sahid Lakhana Gaupalika, Gorkha**

**5<sup>th</sup> Falgun, 2075 (Sunday) (17-02-2019)**

**Day 1**

No. of Patients:	46
	Children (4-13 years): 27
	Adults ( 15-88 years): 19
Extraction	11
	Children 4
	Adult 7
Filling	6
	Children 2
	Adult 4
Gum Treatment	2
	Adult 0
Remarks	<p>19 Cases</p> <p>Several residual root stumps in old age people</p> <p>Children under 13 years complained about decayed tooth along with pain.</p> <p>Adults of 19-24 years complained about inflamed and painful gums (pericoronitis)</p> <p>Most of the root stumps were extracted</p> <p>Adults with pericoronitis were advised to maintain their oral hygiene focusing at inflamed area.</p> <p>Some extractions were not performed due to their medical condition such as hypertension, hypotension and were referred to general physician.</p>



**Manakamana Health Post, Sahid Lakhana Gaupalika, Gorkha**

**6<sup>th</sup> Falgun, 2075 (Monday) (18-02-2019)**

**Day 2**

No. of Patients:	87
	Children (4-13 years): 17 Adults ( 15-75 years): 70
Extraction	39
	Children 7 Adult 32
Filling	15
	Children 6 Adult 9
Gum Treatment	5
	Adult 5
Remarks	59 Cases  Severe decays and teeth remains in middle aged women  Men mostly complained of tooth decay, and needed simple fillings  Parents were advised to monitor their children everyday and proper brushing technique after meal to make oral hygiene a habit, brushing teeth is good and including gum is best for good oral health. Nepalese usually brush once, in the mornings, before meal and not at night.



## Summary

Total No. Patients	113
Problems (Evident or Underlying)	<ul style="list-style-type: none"> <li>- Tooth decay because of not brushing/ flossing teeth properly and often not brushing/flossing at all</li> <li>- Gingivitis</li> <li>- Loose teeth</li> <li>- Cavity</li> <li>- Sensitive teeth (hot/cold/chewing/sour/sweet)</li> <li>- Plaque &amp; Tartar</li> <li>- Cracked/Fractured teeth</li> <li>- Brittle teeth</li> <li>- Weak gum structure</li> <li>- Lack of dental hygiene knowledge</li> </ul>
Extraction Performed on Children when	<ul style="list-style-type: none"> <li>- Decayed teeth</li> <li>- Aching milk teeth</li> <li>- Fractured teeth in children, if there was possibility of growing permanents</li> <li>- Loose/Wobbly teeth to make room for new ones</li> </ul>
Extraction Performed on Adults when	<ul style="list-style-type: none"> <li>- Decayed teeth</li> <li>- Broken teeth remains</li> <li>- Residual roots</li> <li>- Loose/Wobbly teeth to make room for implants</li> <li>- Severely damaged teeth</li> <li>- Fractured teeth</li> </ul>
Filling	<ul style="list-style-type: none"> <li>- Filling</li> <li>- Splinting</li> </ul>
Gum Treatments	<ul style="list-style-type: none"> <li>- Application of medicine for periodontitis (temporary)</li> <li>- Pus drainage</li> </ul>
Others	<ul style="list-style-type: none"> <li>- Brushing demonstration &amp; specifically instruction on brushing after meals and not in the morning as they get up.</li> <li>- Distribution of Dental Kit to patients + Students of Classes 1,2 &amp; 3.</li> <li>- Fluoride application (temporary solution)</li> <li>- Dentists referral in case of severity (For eg. Some extractions were not performed due to their medical condition such as hypertension, hypotension and were referred to general physician.</li> <li>- Orthodontics referral</li> </ul>



### **Thanks Giving**

Healing Hands Nepal (निको पार्ने हातहरु नेपाल) would like to express sincere gratitude to Sahid Lakhani Gaupalika and Manakamana Health Post ward no. 3, Gorkha, for their much required co-operation and time to run the camp successfully.

We hope to collaborate again in near future.